

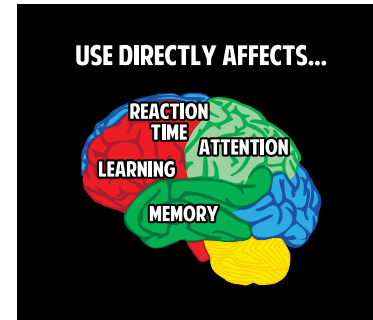
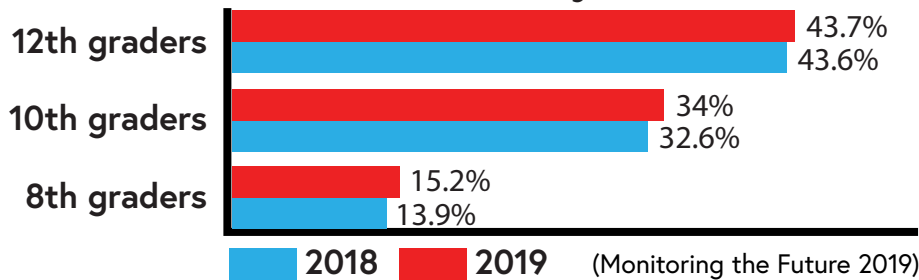
## Teen Marijuana Use

[to make healthy choices]

Since the mid-2000s, more teens view regular marijuana use as *harmless*.

Research proves that when perception of harm decreases, use increases. According to the 2019 Monitoring the Future results, teen lifetime marijuana use is increasing.

### Teen Lifetime Marijuana Use



## Marijuana... It's more harmful than you think!®

### Short-term effects of marijuana use:

- Changes in mood
- Slowed reaction time
- Issues with balance and coordination
- Trouble thinking and solving problems
- Memory problems
- Hallucinations

(NIDA)

### Long-term effects of marijuana use:

- Increased risk of addiction
- Impaired brain functioning
- Poor school performance, lower attendance, behavioral issues
- Respiratory problems
- Increased risk for mental health issues

(C.S. Mott Children's Hospital)

## Parents are the #1 influence in a teen's decision to remain drug free.

### 4 things parents can do to prevent teen marijuana use:

- 1. Engage in meaningful conversations**  
Keep an open line of communication, let them ask questions and listen to their concerns and opinions.
- 2. Set clear rules and expectations for your family**  
Make sure they know drug use will not be tolerated, that they should not ride in a car with someone under the influence and that they should communicate where they are and who they're with.
- 3. Help teens prepare for resisting peer pressure**  
Discuss potential situations they may find themselves in and different ways they can handle those situations.
- 4. Set a good example**  
Model healthy habits, show positive ways of coping with stress and avoid using tobacco and illicit drugs. (C.S. Mott Children's Hospital)

Marijuana use may be legal in some states, but that does not mean it is safe.

